

Fetal Alcohol Syndrome (AK 40-USDA 382)

Explain to Participant	WIC enrolls participants in the program when they have been diagnosed with Fetal Alcohol Syndrome. FAS babies are born to women who drink too much throughout pregnancy or have several episodes of binge drinking. Binge drinking means having five or more drinks at a time. There are long-term effects of FAS that can affect nutrition and development. You'll be referred to a Registered Dietitian (RD).	
Goal	The goal is to provide supplemental foods, nutrition education and referral to medical and social services, which can monitor and provide assistance to the family.	
Suggestions for Reducing Risk	<p>Follow the recommendations of your health care provider.</p> <p>Eat a variety of foods from all the food groups every day.</p> <p>Choose fruits, vegetables, whole grains and low fat dairy foods.</p> <p>Ask your health care provider about exercise.</p> <p>Drink 8 glasses of water every day</p>	
Nutrition Education Material Suggested	Pregnant? Drugs and Alcohol Can Hurt Your Unborn Baby	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Iron Fortified Infant Formula	Calcium, Vitamins A & C, Protein, Iron
	Iron Fortified Infant Cereal	Iron
	Carrots	Vitamin A
	Tuna Fish	Protein
	Salmon	Calcium, Vitamin A, Protein
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information	<p>Foundation For Fitness...for Your Special Delivery</p> <p>Eating for Two</p>	